

**AMENDMENTS TO THE SPECIFICATION**

Please INSERT the following heading and paragraph after the TITLE OF THE INVENTION on the page 1 of the Specification Art. 34 Amended Sheet as follows:

**CROSS REFERENCE TO RELATED APPLICATIONS**

This application is a U.S. National Stage entry under 35 U.S.C. § 371 of co-pending International Patent Application No. PCT/NO2003/000357, filed on October 28, 2003 by HALSNES, Odd et al. entitled HELMET, the entire contents of which is incorporated by reference. As in the parent International Application No. PCT/NO2003/000357, priority is also claimed to Norway Patent Application No. 20025230, filed on October 31, 2002, the entire contents of which is incorporated by reference and for which priority is claimed under 35 U.S.C. § 119. --

Please INSERT the following new heading after the TITLE OF THE INVENTION and CROSS REFERENCE TO RELATED APPLICATIONS section on the page 1 of the Specification Art. 34 Amended Sheet as follows:

**BACKGROUND**

Please INSERT the following new heading before line 10, page 3 of the Specification Art. 34 Amended Sheet as follows:

**SUMMARY**

Please INSERT the following new heading before line 15, page 5 of the Specification Art. 34 Amended Sheet as follows:

**DESCRIPTION OF THE DRAWINGS**

Please INSERT the following new heading before line 25, page 5 of the Specification  
Art. 34 Amended Sheet as follows:

DETAILED DESCRIPTION